



# Senior NEWS

301-258-6380

January 2006



## The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.



### Sock Hop

Wednesday, Jan. 24

Noon - 3 p.m.

Order our soda-fountain-style lunch through the Nutrition Program then put on your bobby socks and poodle skirts, comb back your ducktails and grease up your pompadours for this year's Senior Sock Hop with Music Machine DJ: Mike McIntyre. Not only will he spin the oldies, but he'll teach us how to do the dances, just in case you missed the opportunity 50 years ago! The City bus will make a second run at 3:30 p.m. for City bus riders who want to stay. (Sign up on the program sheet.)

### Top-Notch Classes

We are pleased to offer classes through the  
**Montgomery College Lifelong Learning Institute.**

Together we are committed to creating and fostering a variety of intellectually stimulating opportunities for seniors. Discounted rates apply for those 60 and older.

#### WATERCOLOR TECHNIQUES I

Tuesdays, Feb. 13 - April 3 (eight sessions)

9:30 a.m. - 11:30 a.m.

Location: Youth Center at Robertson Park



#### TAI CHI

Tuesday/Thursday, Feb. 20 - March 16 (eight sessions)

11 a.m. - noon

Location: Bohrer Park Activity Center

#### SHORT FICTION FROM AROUND THE WORLD

Wednesdays, Feb. 28 - May 2, (10 sessions)

10 a.m. - noon

Location: Youth Center at Robertson Park



Registration forms and fee information are available at the Senior Center front desk. Please call 301-258-6380.

### Mark Your Calendar

#### FEBRUARY 6

National Cryptologic Museum

#### FEBRUARY 14

High Tea

#### MARCH 17

National Press Club

#### MARCH 25

Trip to Fountain Blue

#### APRIL 11

Medieval Times



# DIRECTOR'S UPDATE

Dear Members,

The month of January was named after the Roman god, Janus, a Latin word meaning door. He was considered to be the god of new beginnings and the 'spirit of the opening'. Janus had two faces, one that looked back to the year which had passed and another that looked forward to the year to come.

This past year has been an outstanding one for me because of joining the City of Gaithersburg. I have met all of you and the experience has been extremely rewarding. However, I know that the best is yet to come.

A new year offers a clean slate, a fresh start, and is filled with endless opportunity. The staff at the Senior Center wants to take advantage of that opportunity through the continual search of the best programs and services to meet your needs and even exceed your expectations.

Last month several of you stayed later in the afternoon to participate in the Center's annual holiday decorating party. It was so successful that several members have approached us and have asked about expanding the hours of programming in the later afternoon between the hours of 2 and 4 p.m. We would like to ask for your input, *what activities would you consider staying later for?* Please give thought about activities that would run on an on-going basis (example: Tuesday Film Festivals) or activities that would be a one timer (example: Sock Hop). All suggestions are welcomed and will be given consideration.

## Senior Council News Update

The Senior Council joins the staff with excitement about the installation of a newly purchased, 50" high definition, plasma television mounted on the wall in the Alice Schultz Room. The many of you who participate in the classes that play the Richard Simmons and walking tapes know how important this is to the quality of your workouts. We are also very grateful to the City of Gaithersburg Arts Barn for donating a kiln which is much more appropriate to our uses at the Senior Center. Lastly, a much needed new roof has been installed on the front of our building. We thank all of you for your patience and support while these efforts have been in process.

Wishing you a healthy and happy 2007!

Grace

*A quote from Ben Franklin about the New Year...*

*Be at war with your vices, at peace with your neighbors, and let every new year find you a better man (and woman).*

## The Senior News Now Online!

You can now read the *Senior News* online. Visit the City site at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

## MISSION STATEMENT

**The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.**

# WELLNESS PROGRAMS

## Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

**Date:** Wednesday, Jan. 24

**Time:** 10:30 a.m. – noon

**Meditation**  
Thursdays, 1 p.m.

## The Nurse Is In!

**Fridays 9 a.m. - 3 p.m.**

Sign up that day at the front desk for

HeartWell patients.

Blood Pressure  
screening from 1-2  
p.m. only.



*You can meet with the nurse.*



## In Sympathy

Sympathy is extended to the family and friends of Mukund Shah who recently passed away.

## JOIN MAGGIE WESLEY

### Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

### Sharing Memories

Thursdays at 11 a.m.  
From family histories to world events, share and compare your recollections.

## Lipid Profile/Cholesterol

**Wednesday, Feb. 7**

**10 – 11:30 a.m.**

This venipuncture test includes total cholesterol HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Staff from Adventist Health Care will perform the screening.

**\*Cost: \$23 (age 55+) Pay that day.**

There is an additional charge of \$4 for glucose screening.

Advance registration is required for screenings. Please call **1-800-542-5096** to register. Walk-ins will be accommodated, if time permits.

## JANUARY '07 Activities with Gaithersburg Chapter #5358 of AARP

**Our Holiday Community Service Projects** brought holiday cheer to over 300 people at two area nursing homes, an abused persons shelter and Wells Robertson House.

### Retreat for 2007-2008

#### Chapter Board

**Tuesday, Jan. 9, 2007**

**9 a.m. – 3 p.m.**

21000 Father Hurley Blvd.,

Germantown

Officers, committee chairs and assistant chairs will develop annual plans for the chapter. We need participants. Volunteer and join in our activities. Delivered lunch will be individually purchased.

### Tour Group Meeting:

**Tuesday, Jan. 16, 2007 1 – 2 p.m.**

All members wishing to have input into the selection of our tours for 2007 should attend this meeting at the Center. One planned trip will be to Boston for the AARP National Event "Life@50+" on Sept 6-8; we need to decide how to organize it and extend it. Refreshments will be served.

**Sea the World Cruises** - Nancy Kupperian, a chapter member, is offering us the opportunity to join trips she is organizing for Spring 2007 – a nine-day Tulip River Cruise in Holland on April 7; a Panama Canal trip on April 25 from Fort Lauderdale; and an Alaska trip in June. For more information on itineraries, dates, and costs contact Nancy (301-428-3366) or Marty (240-632-9881) or email-info@stwcruises.com with cruise of interest (eg. "Holland Cruise") in the subject line; flyers are available at the center. Space is limited; register now.

Members of the Senior Center and the local senior community are invited to join in our trips, projects and meetings which are held at the Gaithersburg Senior Center. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Dr., Gaithersburg, MD 20878. For more information on any of the above contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

# ACTIVITIES AND CLASSES AT THE CENTER

## January Birthdays



1/1 Ruth Berghers  
 1/1 Hari Butaney  
 1/1 Georgia Costolo  
 1/1 Maureen Lebling  
 1/1 Kate Monk  
 1/2 Indira Ganguli  
 1/3 Anand Goel  
 1/3 Karen Konkolewski  
 1/5 Emil Keller  
 1/6 Sheela Goel  
 1/6 Ruth Ann Stark  
 1/6 Myrna Fogel  
 1/7 John Nolan  
 1/8 Anna Peters  
 1/9 Gertrude Sobel  
 1/13 Jeannine Jeffs  
 1/13 Dan Kelleher  
 1/14 Manny Hersh  
 1/14 Robert Moore  
 1/14 Zoila Flores  
 1/18 Cora Morgan  
 1/20 Fred Moosbrugger  
 1/20 Robert Placious  
 1/23 Vandana Kharod  
 1/23 Elvira Yucra  
 1/24 Ana Pajuelo  
 1/24 Raymond Behrens  
 1/26 Seichi Hanagami  
 1/26 Karen Kelleher  
 1/30 Irene Schwarzkopf

*Celebrate Jan. 29*



## Singing Seniors

Singing Seniors will practice the first and third Wednesday of the month.

## FREE Computer Classes



### TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions.

### THURSDAYS

10 a.m. – noon

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

**Sign up at the front desk for these classes.**

*Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.*

## Stress Reduction

Beginning Feb. 5

**Mondays at 11 a.m.**

**Free**

Maggie Wesley will help define stress, identify causes, examine "faulty thinking" and offer techniques for reducing stress.

## Book Discussion Group

**New Day! Wed., Jan. 24**

**2 p.m.**

**Free**

Book: "The March"

Author: E. L. Doctorow

## Donations Needed:

- ❖ Do you have **yarn** you'll never use? Consider donating it to the Senior Center and it will be used for lap robes or baby blankets for charity.
- ❖ Unused blank, get-well and sympathy **cards** comfort our friends.
- ❖ Prescription glasses are being collected for the Lions Club.



## Yoga Adapted for Seniors

**Dates:** Tuesdays, Jan. 2 - March 27 (twelve sessions)

**Time:** 11 a.m. **Fee:** \$30

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance.

**Minimum:** 10 **Maximum:** 25

## Genealogy

**Date:** Monday, Jan. 22

**Time:** 11 a.m. **Fee:** \$8

No matter what the religion of your ancestors, learn how to research them in the records of the Church of Jesus Christ of Latter Day Saints (Mormons). Feel free to join Judith Mostyn White's class even if you missed earlier classes.

**Minimum:** 6

**Maximum:** 12

## "Core and More"

**Mondays**

**2 p.m.**

*Free*

**Fridays**

**3 p.m.**

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

# CLASSES

**\* Late joiners are welcome!**  
(see program sheet)

## Ballroom Dancing

### Beginning

**Dates:** Tuesdays, Jan. 9 - 30

**Time:** 3 p.m.

**Fee:** \$20 (four sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

**Maximum:** 14

### Intermediate

**Dates:** Tuesdays, Jan. 9 - 30

**Time:** 2 p.m.

**Fee:** \$20 (four sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

**Maximum:** 14

## Quilting Fridays

**FREE**

1 p.m.

Share experience, materials and ideas.

## Intermediate Pottery

**Dates:** Wednesdays,

Dec. 6 – Jan. 24

(eight sessions)

**Time:** 10 a.m.

**Fee:** \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

**Minimum:** 6

**Maximum:** 8



## Beginning English

**Dates:** Tuesdays

**Time:** 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

**Minimum:** 10 **Maximum:** 20

**\* Free**

## F.Y.I.

- ❖ Supportive shoe should be worn in all fitness and dance programs!
- ❖ Please put your name in or on your coats and canes to help avoid confusion and help us return lost items.

## Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

## Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

## "Ritmo Latino"

Thursdays at 11 a.m.

Move with Miriam Colon to Latin rhythms.

**Free**

## AARP 55 Alive

### Mature Driving

**Dates:** Fridays, Feb. 9 and 16

**Time:** 2:30 - 6:30 p.m.

**Fee:** \$10

- ❖ Learn to handle adverse driving conditions and traffic hazards.
- ❖ Learn about the effects of aging and medication on driving.
- ❖ You must attend both days.

Some automobile insurance companies give you a discount

**Minimum:** 10 **Maximum:** 25

*The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.*

## WEIGHT TRAINING

**Dates:** Wednesdays, Jan. 3 - March 21

**Time:** 1 p.m.

**Fee:** \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

**Minimum:** 10

**Maximum:** 20

## STABILITY BALL

**Dates:** Thursdays, Jan. 4 - March 22

**Time:** 10:30 - 11:30 a.m.

**Fee:** \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.

The Gaithersburg Upcounty Senior Center



Gaithersburg  
A CHARACTER COUNTS! CITY

# JANUARY 2007

www.gaithersburgmd.gov

301-258-6380

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  <i>Happy New Year!</i>  <b>Center Closed</b>	<b>2</b> <b>8:30am</b> Longevity Stick <b>9am</b> Energize <b>9am</b> Cross Stitch/Knit <b>9:30am</b> Poker <b>10am</b> Computer Help <b>10am</b> Chair Exercise <b>11am</b> Beg. English <b>11am</b> Yoga <b>12:30pm</b> Bridge <b>1pm</b> Mah Jongg	<b>3</b> <b>9am</b> Exercise <b>10am</b> Exercise <b>10am</b> Int. Pottery <b>11am</b> Step 2 Music <b>11am</b> Singing Seniors <b>12:30pm</b> Bereavement <b>1pm</b> Weight Training <b>1pm</b> Crochet  <div>Kennedy Center "The Light in the Plaza"</div>	<b>4</b> <b>8:30am</b> Longevity Stick <b>9am</b> Energize <b>9:30am</b> Poker <b>10am</b> Chair Exercise <b>10am</b> Stability Ball <b>11am</b> Ritmo Latino <b>11am</b> Internet <b>11am</b> Stroke Support <b>11am</b> Share Memories <b>12:30pm</b> Bridge <b>1pm</b> Meditate	<b>5</b> <b>9am</b> Exercise <b>10am</b> Exercise <b>10 am</b> Computer Help <b>10:30am</b> Watercolor <b>12:50pm</b> Bingo <b>1pm</b> Quilting <b>3pm</b> Core and More  <div>Nurse is In 9 a.m. - 3:00 p.m.</div>	<b>6</b>
<b>7</b>	<b>8</b> <b>9am</b> Exercise <b>10am</b> Exercise <b>11am</b> Step 2 Music <b>12:30pm</b> Mah Jongg <b>12:30pm</b> Internal Light <b>12:50pm</b> Bingo <b>1:30pm</b> Book Club <b>2pm</b> Embroidery <b>2pm</b> Core and More	<b>9</b> <b>8:30am</b> Longevity Stick <b>9am</b> Energize <b>9am</b> Cross Stitch/Knit <b>9:30am</b> Poker <b>10am</b> Computer Help <b>10am</b> Chair Exercise <b>11am</b> Beg. English <b>11am</b> Yoga <b>12:30pm</b> Children's Inn <b>12:30pm</b> Bridge <b>1pm</b> Mah Jongg <b>2 pm</b> Int. Ballroom <b>3 pm</b> Beg. Ballroom	<b>10</b> <b>9am</b> Exercise <b>10am</b> Exercise <b>10am</b> Int. Pottery <b>11am</b> Step 2 Music <b>12:30pm</b> Bereavement <b>1pm</b> Weight Training <b>1pm</b> Crochet	<b>11</b> <b>8:30am</b> Longevity Stick <b>9am</b> Energize <b>9:30am</b> Poker <b>10am</b> Chair Exercise <b>10am</b> Stability Ball <b>11am</b> Ritmo Latino <b>11am</b> Internet <b>11am</b> Stroke Support <b>11am</b> Share Memories <b>12:30pm</b> Bridge <b>1pm</b> Meditate  <div>John Guernsey performs</div>	<b>12</b> <b>9am</b> Exercise <b>10am</b> Exercise <b>10 am</b> Computer Help <b>10:30am</b> Watercolor <b>12:50pm</b> Bingo <b>1pm</b> Quilting <b>3pm</b> Core and More  <div>Nurse is In 9 a.m. - 3:00 p.m.</div>	<b>13</b>

**14****15**

# **Martin Luther King Jr. Day**

**Center Closed**

**16**

8:30am Longevity Stick  
9am Energize  
9am Cross Stitch/Knit  
9:30am Poker  
10am Computer Help  
10am Chair Exercise  
11am Beg. English  
11am Yoga  
12:30pm Bridge  
1pm Mah Jongg  
2pm Int. Ballroom  
3pm Beg. Ballroom

*Valentino performs*

**17**

9am Exercise  
10am Exercise  
10am Int. Pottery  
11am Step 2 Music  
11am Singing Seniors  
12:30pm Bereavement  
1pm Crochet  
1pm Weight Training

**18**

8:30am Longevity Stick  
9am Energize  
9:30am Poker  
10am Chair Exercise  
10am Stability Ball  
11am Ritmo Latino  
11am Internet  
11am Stroke Support  
11am Share Memories  
12:30pm Bridge  
1pm Meditate

Arts Barn  
FREE Preview

**19**

9am Exercise  
10am Exercise  
10am Computer Help  
10:30am Watercolor  
12:30pm Chorus of Cuties performs  
12:50pm Bingo  
1pm Quilting  
3pm Core and More

*Trip to Maryland Science Center*

*Nurse is In 9 a.m. - 3:00 p.m.*

**20****21****22**

9am Exercise  
10am Exercise  
11am Step 2 Music  
11am Genealogy  
12:30pm Mah Jongg  
12:30pm Internal Light  
12:50pm Bingo  
2pm Embroidery  
2pm Core and More

**23**

8:30am Longevity Stick  
9am Energize  
9am Cross Stitch/Knit  
9:30am Poker  
10am Computer Help  
10am Chair Exercise  
11am Beg. English  
11am Yoga  
12:30pm Bridge  
1pm Mah Jongg  
2pm Int. Ballroom  
3pm Beg. Ballroom

**24**

9am Exercise  
10am Exercise  
10am Int. Pottery  
11am Step 2 Music  
12:30pm Bereavement  
10:30am Blood Pressure  
1pm Crochet  
1pm Weight Training  
2pm Book Discussion

**25**

8:30am Longevity Stick  
9am Energize  
9:30am Poker  
10am Chair Exercise  
10am Stability Ball  
11am Ritmo Latino  
11am Internet  
11am Stroke Support  
11am Share Memories  
12:30pm Bridge  
1pm Meditate

*Lunch Bunch to Red Hot & Blue*

**26**

9am Exercise  
10am Exercise  
10am Computer Help  
10:30am Watercolor  
12:45pm Chinese Flower Arranging & Bonsai  
12:50pm Bingo  
1pm Quilting  
3pm Core and More

*Nurse is In 9 a.m. - 3:00 p.m.*

**27****28****29**

9am Exercise  
10am Exercise  
11am Step 2 Music  
12:30pm Mah Jongg  
12:50pm Bingo  
2pm Embroidery  
2pm Core and More



*Birthday Celebration*

**30**

8:30am Longevity Stick  
9am Energize  
9am Cross Stitch/Knit  
9:30am Poker  
10am Computer Help  
10am Chair Exercise  
11am Beg. English  
11am Yoga  
12:30pm Bridge  
1pm Mah Jongg  
2pm Int. Ballroom  
3pm Beg. Ballroom

**31**

9am Exercise  
10am Exercise  
10am Int. Pottery  
11am Step 2 Music  
12:30pm Bereavement  
1pm Crochet

## **Bad Weather Closing Policy**



The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

**31**



# ACTIVITIES AND TRIPS

## Trip to the National Cryptologic Museum Lunch at P.F. Chang's Restaurant Columbia

**Date:** Tuesday, Feb. 6

**Depart:** 8:45 a.m.

**Return:** 3:30 p.m.

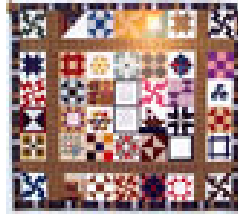
**Fee:** \$10 (includes transportation and docent tour)

**Deadline:** Tuesday, Jan. 30 (trip cancelled if minimum not met)

This museum is the National Security Agency's gateway to the public. From 10 – 11:30 a.m. our docent will tell us how code-making and code-breaking changed the course of history. You'll see examples of slave-made quilts (used as underground railroad maps), signal flags, cipher typewriters and much more. **Lots of walking.** Lunch will be at P.F. Chang known for its' fresh, contemporary Chinese food. Order from the menu and pay in cash.

**Minimum:** 20

**Maximum:** 33



## AARP Tax Help

**Every Tuesday,  
beginning Feb. 6.**

**Appointments ONLY!**

If you are interested in setting an appointment for help with your taxes please follow these directions:

1. Sign up **only** if you have **all** your paperwork ready.
2. Register on the program sheet and you will be called to set an appointment time.
3. If you change your mind, please cancel your appointment by calling the Center (301-258-6380)

## Chinese Flower Arranging and Bonsai Gardening

**Friday, Jan. 26**

**12:45 p.m.**

In honor of the upcoming Chinese New Year (2/18/07 begins the Year of the Pig) we will celebrate these ancient, artistic, horticultural practices. Demonstrations will be given by members of the Chinese Culture and Community Service Center. Space is limited so register on the program sheet.

**Minimum:** 10

**Maximum:** 25



## Crafts for

## Children's Inn at NIH

**Tuesday, Jan. 9**

**12:30 p.m.**

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.

## Maryland Science Center and Top of the World Baltimore Inner Harbor

**Date:** Friday, Jan. 19

**Depart:** 9 a.m.

**Return:** 4 p.m.

**Fee:** \$27 (includes transportation, admission to locations, IMAX film and planetarium show)

**Deadline:** Friday, Jan. 5

See the Imax movie "Alaska", explore exhibits and view the stars in the Planetarium. Have lunch on your own in one of the nearby restaurants and enjoy free time to shop. At 2 pm we will regroup at the drop off point and walk to Top of the World for a panoramic view of Baltimore's skyline. **Lots of walking.**

**Minimum:** 20

**Maximum:** 33





## Lunch Bunch

### *Lunch Bunch to Red Hot and Blue*

16811 Crabbs Branch Way, Gaithersburg

**Date:** Thursday, Jan. 25

**Depart:** 11:30 a.m.

**Return:** 1:30 p.m.

**Fee:** \$4 (transportation only)

Eat tangy Memphis-style bar-b-que while listening to the blues. Order from the menu and pay in cash.

**Minimum:** 15

**Maximum:** 33



## FREE PREVIEW

Gaithersburg Arts Barn  
311 Kent Square Road



### **"The Complete History of America (Abridged)"**

**Thursday, Jan. 18 7:30 p.m.**

600 Years of History in 6000 seconds! From Washington to Watergate, from New World to New World Order, three actors will take you on a rollercoaster ride through the glorious quagmire that is American History.

Go on your own with as many guests as you like.

## Thank You!!

- ◆ The Winter Bazaar was a resounding success raising \$913 to be used as an unrestricted gift to benefit members. Everyone who donated, priced, sold, and/or bought something deserves a cheer for their participation as well as our heartfelt gratitude.
- ◆ To all who put hats, scarves, sweaters, mittens, and toys on the "Giving Tree" thank you for your tenderness and talent.
- ◆ The "Secret Santas" gave several needy children hope and joy. Thank you for your generosity.
- ◆ The staff truly appreciates your cards, gifts and spirit of sharing during the holidays.

## MUSICAL ENTERTAINMENT

### **John Guernsey Performs**

**Thursday, Jan. 11**

**1 p.m.**

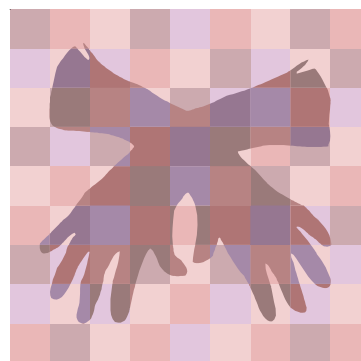
John plays jazz and blues every weekend at the New Deal Café. Come enjoy the honky-tonk sounds of a true "piano man".

### **Valentino Rojas Returns**

**Tuesday, Jan. 16**

**12:45 p.m.**

Valentino, the man with the heart-melting voice, will cover the music of Julio Iglesias, Frank Sinatra, Tony Bennett and Elvis.



### **Fourth Annual Valentines Day High Tea**

**"Gloves"**

**Wednesday, Feb. 14**

**1 p.m.**

**Fee: \$5**

The Nutrition Program lunch (open to all) will be tea sandwiches, a delicate soup and fruit with whipped cream. (Sign up separately)

At 1 p.m. we dress the tables, arrange the flowers, and seat our registered guests. White gloves will be provided, (or bring your own special pair to add to the elegant formality) and we'll share memories of their significance. Enjoy brewed tea, delicious pastries, conversation and musical entertainment. Seats are limited. **Sign up early** on the program sheet.

Gracious hosts/hostesses are needed to set and serve tables. Please see Denise Mornini to volunteer.

**Minimum:** 30

**Maximum:** 70

# SUPPORT SERVICES

## "Book Club" for Individuals with Aphasia

Monday, Jan. 8

1:30 p.m.

Fee: \$30

Call 240-475-8786 for information.

## Bereavement Group

This group meets at the Center every Wednesday afternoon from **12:30 - 2 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

## Senior Information and Assistance

**Carol Smith** is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare & Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

## Internal Light

**Monday, Jan. 8 & 22**  
**12:30 p.m.**

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

## Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

## Caregiver's

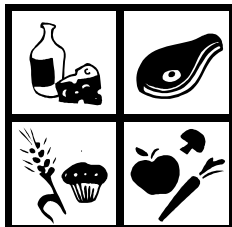
Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Call 301-258-6380.



## Bad Weather Closing Policy

The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

## Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed. The

full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

*Guests younger than 60 must pay the full cost of the meal!*

## Legal Services

Legal Services are available free to seniors, age 60 and older.

Legal Aid Bureau services include:

Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

***For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.***

# Noticias de Mucho Interes para los Seniors de Habla Hispana

**“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”**

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	29 de enero	12:45 p.m.
Tomarse la Presión	27 de enero	10:30 a.m.

## CLASE DE INGLES PARA PRINCIPIANTES

**Día:** martes

**Gratis!** Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

## REGLAS PARA CERRAR EL CENTRO DURANTE EL INVIERNO

Si el tiempo está malo y las escuelas públicas del condado de Montgomery cierran, el Centro estará cerrado también. Si las escuelas abren tarde, el Centro estará abierto, pero no se proveerá transportación. Si la temperatura está baja y las escuelas están cerradas, por favor escuche la televisión ó la radio para más información.

## RITMO LATINO

**Día:** jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con saber Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. !No se lo pierda!

## NOTA MUY IMPORTANTE

Por favor ponga su nombre en sus sacos de invierno y en sus bastones para evitar que alguien se los lleve por equivocación.

## VALENTINO ROJAS RETORNARA

**Día:** jueves 16 de enero

**Hora:** 12:45 p.m.

Valentino con su linda voz e interpretando la romántica música de Julio Iglesias, Frank Sinatra, Elvis Presley y Tony Bennett nos hará derretir nuestros corazones. Venga y disfrute.

## DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCENDO LAS PREOCUPACIONES

**Por los Autores:** George y Helen Jesze

**Día:** Jueves

**Hora:** 12:45 – 1:45 pm

**Dirigido por:** Luz Maria Freytes

Nos reunimos una vez por semana a leer un capítulo del libro, y después discutimos nuestras opiniones y como poder encontrar las soluciones a los problemas diarios.

Es muy interesante. No se lo pierda!

## AL BRINCO DEL CALCETIN

**Día:** miércoles 24 de enero

**Hora:** 12n – 3 p.m.

Através del Programa de Nutrición usted podrá ordenar su almuerzo ese día al estilo fuente de sodas y si desea vístase con sus faldas antiguas, redondas de perritos, engrace su cabello y disfrute escuchando ó bailando con la buena música antigua de los años 50 por el DJ Mike McIntyre.

## ALMUERZO EN GRUPO

**Día:** jueves 25 de enero

**Salida:** 11:30 a.m.

**Retorno:** 1:30 p.m.

**Costo:** \$4

(solamente la transportación)

## EL SEÑOR JOHN CUERNSEY PERFORMARA

**Día:** jueves 11 de enero

**Hora:** 1 p.m.

John toca música jazz y azul todos los fines de semana en el Nuevo Café Negocio. Venga y disfrute de un sonido maravilloso de piano tocado por él.

## CUARTA FIESTA ANUAL/TE PARA CELEBRAR EL DIA DEL CARÍÑO

**Día:** miércoles 14 de febrero

**Hora:** 1 p.m.

**Costo:** \$5

El almuerzo estará disponible para todos ese día y será provisto atravez del Programa de Nutrición. Habrán sandwiches, sopa, fruta con crema. A la 1 p.m. una persona voluntaria arreglará la mesa con manteles y flores. Se proveerán guantes blancos ó si usted tiene, los puede traer. Se compartirán memorias de sus antepasados e inolvidables amores. Venga, comparta y disfrute de un delicioso té, pastelitos, conversación y por supuesto buena música. El espacio es limitado, por favor regístrese lo más pronto posible. Si usted desea ser una voluntaria por favor déjele saber a Denise.

## AREGLO DE FLORES CHINAS Y JARDIN BONSAI

**Día:** viernes 26 de enero

**Hora:** 12:45 p.m.

Este evento artístico, antiguo, y hortocultural es honorando el año nuevo 2007, y celebrando el año del cerdo. Tendremos espacios limitados. Por favor regístrese en la hoja del programa lo más pronto posible.

**Gaithersburg  
City Officials**

*Mayor*  
**Sidney A. Katz**

*Council Vice President*  
**Stanley J. Alster**

*Council Member*  
**Geri Edens**

*Council Member*  
**Henry F. Marraffa, Jr.**

*Council Member*  
**John B. Schlichting**

*Council Member*  
**Michael A. Sesma**

*City Manager*  
**David B. Humpton**



**Gaithersburg Upcounty  
Senior Center Staff**

*Director*  
**Grace Whipple**

*Program Supervisor*  
**Denise Mornini**

*Recreation Assistant*  
**Olympia Huff**

*Administrative Secretary*  
**Yoland Bastian**

*Receptionist*  
**Gloria Sichelman**

*Custodian*  
**Andres Castillo**

*Newsletter Layout/Design*  
**Karen Simms**

*Bus Driver*  
**Sherri Schwartz**

**Gaithersburg Upcounty Senior Center**  
**80A Bureau Drive**  
**Gaithersburg, MD 20878-1431**

# Classes and Programs for JANUARY 2007

(For Office Use Only)

Processed \_\_\_\_\_

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street \_\_\_\_\_ City/St./Zip \_\_\_\_\_

*Registration begins Jan. 5, 2007 at 11 a.m.*

ACTIVITY #	EVENT	DATES	FEE
20977	Intermediate Pottery	Dec. 6 – Jan. 24	\$8
21646	AARP 55 Alive Mature Driving	Feb. 9 & Feb. 16	\$10
21645	AARP Tax Help	(By appointment)	N/A
21649	Book Club	Jan. 8	\$30
21650	Beginning Ballroom Dance	Jan. 9 – Jan. 30	\$20
21651	Intermediate Ballroom Dance	Jan. 9 – Jan. 30	\$20
21648	Genealogy	Jan. 22	\$8
21508	Yoga Adapted for Seniors (no class March 20)	Jan. 2 – March 27	\$30
21511	Weight Training	Jan. 3 – March 21	\$12
21512	Stability Ball	Jan. 4 – March 22	\$12
21641	Sock Hop	Jan. 24	N/A
21644	Chinese Flower Arranging and Bonsai Gardening	Jan. 26	N/A
21647	Fourth Annual Valentines Day High Tea	Feb. 14	\$5
20970	"The Light in the Piazza" Kennedy Center	Jan. 3	\$89
21503	Maryland Science Center and Top of the World	Jan. 19	\$27
21643	Lunch Bunch to Red Hot and Blue	Jan. 25	
	Transportation Yes <input type="checkbox"/> No <input type="checkbox"/>		\$4
21642	Trip to the National Cryptologic Museum	Feb. 6	\$10

**\* If you would like to join a class that has already started ask at the front desk for a pro-rated fee.**

**The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed:** \_\_\_\_\_

**Registrations will not be processed until the 5th of the month!**

Amount Paid \$ \_\_\_\_\_ Cash ☐ Check# \_\_\_\_\_  
 Visa/MC# \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_  
 Signature/Name on card \_\_\_\_\_



## Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐

**Check if you need special accommodations.**

Signature

Date

**Do we have your updated Emergency Contact Information?**

**Name :** \_\_\_\_\_ **Phone:** \_\_\_\_\_